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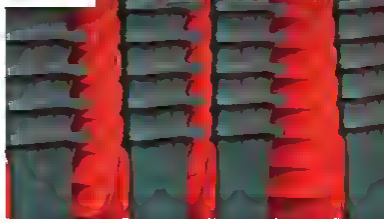

thenewhammag

issue 266 // 18 January – 1 February 2013

Home is where the heart is

Discover the rewards of a career in fostering (p12)

Three reasons to join SportsDock this January...

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Look out for the next issue from 1 February 2013

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18 January 2013 // **issue 266**

Happy New Year Newham. We are kicking off 2013 with an exciting edition of the *Newham Mag*.

We have details of this year's Holocaust Memorial Day commemoration event on 25 January.

Further on you can read the heart warming story of a Plaistow resident who has chosen a career in fostering (p12).

Finally, for those of you with resolutions to keep we have included fantastic things that you can do to get active (p14), get fit (p18) or generally get out and about (p26).

Cllr Alec Kellaway
Executive member for business and skills

To request a large print version of the Newham Mag call 020 3373 1517 or email newham.mag@newham.gov.uk

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Newham London

For all Newham Council services call 020 8430 2000 or visit www.newham.gov.uk

Shape autism services
If you or someone you know is affected by autism, share your views and help shape Newham's autism service

A representative from the National Autism Society will be at a special event on Monday 28 January, which will include workshops and a question and answer session

The event takes place from 10.30am-3pm at St Mark's Centre, Tollgate Road, E6. For more information email selma.ghouse@newham.gov.uk or call 020 3373 8563

Join together
This year's Holocaust Memorial Day Commemoration event takes place at 10am in Newham Town Hall, East Ham, on Friday 25 January. Residents are urged to join together as a community to show opposition to intolerance, respect for difference and a shared sense of belonging

Sir Robin Wales will be attending with David Gold, chairman of West Ham United, school children from across the borough and Michael Berkowitz, professor of modern Jewish history at University College London

See the Mayor's View on p7

Beckton games area revamp
The Multi-Use Games Area (MUGA) at Warwall in Beckton is being refurbished thanks to investment from Newham Council and Sport England

The refurbishment will include new lighting and fencing and a new playing surface. Work is expected to be completed by the end of February, subject to the weather. The outdoor gym will remain open during this period. Once completed, the space will be used for sports activities and community events

Hampers offer seasonal cheer

Mayor Sir Robin Wales and councillors from Stratford and New Town ward visited a sheltered housing scheme in Stratford to present food hampers to residents

The donations to residents at Centenary House in Wingfield Road and other care homes in the area were presented on behalf of traders at the indoor market in Stratford Shopping Centre

The Mayor, who was accompanied by Councillors Ron Manley and Freda Bourne, said: "The Stratford Indoor Market traders make these generous donations every year and the hampers contained a variety of seasonal goodies

"We always enjoy visiting the residents at these sheltered housing schemes and chatting to them. They always enjoy the hampers and we thank the traders for providing them."

Alarm raised at closure plans

Newham could be set to lose a fire station and public access to police stations under plans due for consultation.

London authorities plan to close Silvertown fire station as well as front desks at Stratford and North Woolwich police stations

Mayor Sir Robin Wales said: "The proposal to close both North Woolwich police station and Silvertown Fire Station is outrageous and unacceptable as is any proposal to leave Stratford without a police station. Ours is the fastest growing borough in the country while both the docks and Stratford are major areas of regeneration, with rapidly expanding population and business development

"I have written to the Mayor of London on behalf of residents and local businesses to demand reassurance that safety and security in Newham will not be sacrificed for the benefit of better off boroughs. When Newham residents are consulted on these plans I hope they will make their voices heard."

News

New town centre under way

Sir Robin with Cllrs Clive Furness (l) and Royal Caller (r)

Construction work has started on the Hallsville Quarter, which will be the new centre of Canning Town

The milestone was marked with a groundbreaking ceremony attended by representatives from the three key parties responsible for the development. It included Mayor Sir Robin Wales and councillors Medani Sow, chair of Bouygues UK and Bouygues Development, and One Housing Group chief executive Mick Sweeney

The £600m town centre scheme forms part of the £3.7bn Canning Town and Custom House Regeneration Programme. The site will reconnect the areas north and south of the A13 flyover. The first phase will comprise 179 homes and a Morrisons supermarket and be ready by 2015.

Sir Robin said: "Hallsville Quarter will be a thriving town centre. This is a huge milestone for the area."

Tribute to former councillor

Vic T...

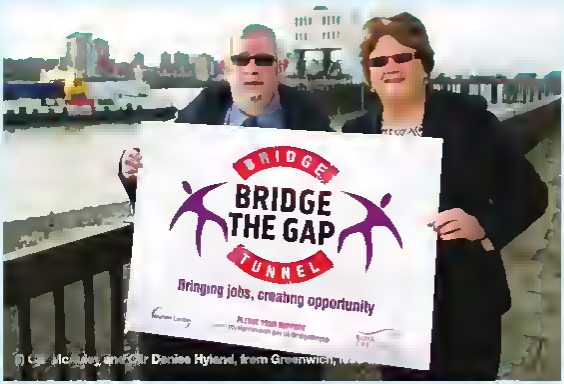
Newham Council is sad to learn of the death of former ceremonial mayor Vic Turner at the age of 85 following illness

Vic was a Newham councillor for 12 years from 1994 to 2006, being elected by residents in Bemersyde ward in 1994 and 1998 and in Royal Docks ward in 2002. He was ceremonial Mayor during the 1997/98 municipal year

Before becoming a councillor, Vic worked in the docks where he was famously one of five shop stewards known as the Pentonville Five, jailed in 1972 for refusing to obey a court order to stop picketing of the Chobham Farm container depot in Stratford

Mayor Sir Robin Wales said: "Our thoughts are with his family and friends at this sad time. Vic was a champion of the working class, a stalwart of the trade union movement and someone who stood up for what he believed in."

Call to Bridge the Gap



(l) Cllr McAuley and Cllr Denise Hyland, from Greenwich, ...

Newham Council and the Royal Borough of Greenwich have begun a campaign for new fixed crossings across the River Thames between the two boroughs

Both authorities believe a tunnel between Silvertown and Greenwich Peninsula and a bridge at Gallions Reach between Beckton and Thamesmead will improve economic growth in this part of London

Transport for London is consulting on proposals until 1 February, which include a ferry at Gallions Reach and a tunnel at Silvertown. Both councils believe the proposals do not go far enough and are urging for residents to back our call to Bridge the Gap

Councillor Conor McAuley, executive member for regeneration, said: "A bridge at Gallions Reach would provide value for money and a long term solution to congestion in east London. Not only would it serve local needs and local businesses but it would open up the area to wider regeneration." **Visit www.tfl.gov.uk/rivercrossings to have your say.**

Newham's fanfare for the future

In Newham we like to lead the way and it's always good to have thet work recognised, particularly by Perliement's big-hitters

In the last two months we have hed two high-profile visits by members of the Shadow Cabinet who were eeger to discover how Newham is innovating despite the savage cuts imposed by central government

"..Workplace has supported more than 2,500 residents into jobs.."

We started the New Year with e visit by Shadow Chancellor Ed Balls MP and Shedow Work end Pensions Secretary Liam Byrne MP

Liam Byrne MP an... Sir Robin at Workplace

to Newham's flagship employment service, Workplace, in Stretford

The Government's benefits reforms will hit the most vulnereble in society. Whet we are doing with Workplace is tackling unemployment and not just bullying the unemployed into work.

Our two visitors saw how Workplace has supported more than 2,500 residents into jobs in Westfield Stratford City since it has opened and learned about the one-to-one support, education and training we give to our residents. Almost half of the 2,500 jobs went to young people eged between 16 and 24.

In Newham, we have 18,000 people who have never worked. We want to help them into work. It's tough, but we're determined to do whet we can to improve the lives of all our residents.

Just before Christmas I was delighted to host Shadow Education Secretary Stephen Twigg MP who

"Almost half of the 2,500 jobs went to young people aged between 16 and 24."

wanted to discover more about the Every Child A Musician programme which is now running in 61 schools across the borough

Blowing our own trumpet: Stephen Twigg MP and Sir Robin at Shaftesbury School

The pioneering programme gifts every year 5 pupil with e musical instrument and provides them with two year's free tuition. The programme is now being extended to year 7 pupils, so our mini music makers can continue to grow their talent et secondary school.

It's another chance for children in Newham to expenence learning opportunities comperable to those avelleble to those in more effluent boroughs.

Young people who are already part of the programme gave him a great demonstration of how much musical talent we have in the borough.

They shared some tips with both of us on how to play the trumpet and politely encouraged us to take lessons ourselves!

Mayor's view

Uniting together against intolerance

It is estimated that six million Jewish people were murdered by the Nazis during the Second World War.

The atrocities didn't end there. Countless more innocent people were also among the victims of what became known as the Holocaust.

This harrowing chapter in our world's history should never be forgotten, which is why we commemorate Holocaust Memorial Day, which we will mark in Newham on 25 January.

There will always be people who seek to exploit difference to serve their own ends and Holocaust Memorial Day is a clear reminder that we must guard against it.

It's tragic that despite the horrors of the Holocaust similar atrocities have taken place since. Today Holocaust Memorial Day recognises not only those who lost their lives under Nazi persecution but remembers those communities which were destroyed in subsequent genocides including Cambodia, Rwanda, Bosnia and Darfur.

We must never forget the lessons from the past and must strengthen our resolve to tackle anti-Semitism and all forms of discrimination, of which the Holocaust was the worst kind.

I invite you to join me at 10am in Newham Town Hall, East Ham on Friday 25 January to mark Holocaust Memorial Day. We will be uniting together as a community to show respect for difference, celebrate a shared sense of belonging and oppose discrimination.

Joining me will be David Gold, chairman of West Ham United, school children from across the borough and Michael Berkowitz, professor of modern Jewish history at University College London.

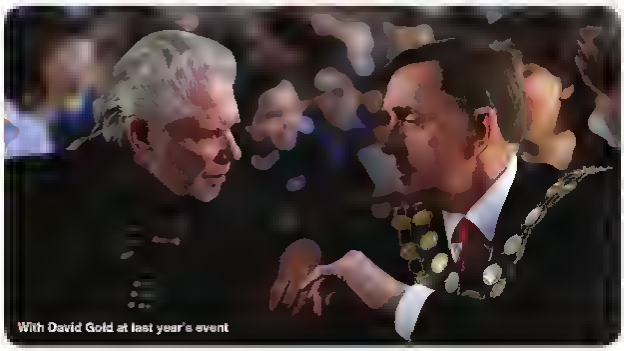
I am proud of the fact that this is the most diverse borough in the country but one that is united, as the incredible summer of 2012 showed.

Last year we had 1,037 Let's Get the Party events across the borough that brought 187,785 people in our community together. The day the Olympic Torch came to Newham, 190,000 people of all cultures and backgrounds united as one to celebrate.

The feeling of unity in our community is real. 87 per cent of residents believe people from different backgrounds get on well together.

This hasn't happened all by itself but through commitment and hard work by everyone in the borough.

But we must never be complacent. We must be vigilent and stand together against intolerance and hatred. I hope you are able to join me on 25 January to show your support.



With David Gold at last year's event

with Sir Robin Wales

POLICE, COUNCIL ACTION

Do you recognise any of these people? The police would like to speak to them about a range of alleged offences. Don't hesitate to get in touch if you do. The smallest detail may be all it takes to help the police catch a criminal. Don't let them get away with it. With your help we can make Newham safer.

Call the police number **101**, or Crimestoppers anonymously on **0800 555 111** if you can help **Quote the reference number to the right of relevant picture.** Any information shared will be treated as confidential

109269
Shoplifting
21/10/12
Prada
Westfield

111014
Indecent/ racist chanting
18/11/12 at West Ham Old FC vs Stoke City

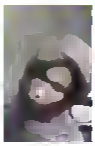
110239
Burglary
15/11/12
Forest Gate

111559
Criminal damage to a motor vehicle
03/11/12
Ibis Hotel
Nth Woolwich

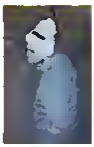
111205
Robbery of elderly woman
28/11/12
East Ham

111301
Burglary
27/12/12
Manor Park

112084
Assault on shop staff
13/12/12
The Kooplee
Westfield



109428
High value gold robbery
21/10/12
East Ham



109478
Knifepoint robbery
31/10/12
Manor Park

112091
Threatening behaviour with a knife
15/12/12
Forest Gate

111290
and 111291
Mosque burglary
29/11/12
Forest Gate

CAUGHT ON CAMERA

We all want clean streets free from anti-social beheviour – and we won't stop until we make that happen. The people pictured here heve tried to avoid lecing the consequances of their anti-social actions. We need your help to identify them.

Newham's team of enforcement officers pound our streets, seeking out the culprits who try to blight our borough. Equipped with special cameras, they capture live footage and pictures of people who think they can get away with it. If you know who these people are, pick up the phone and give us a call – we'll do the rest.

Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

- **you will not be required to reveal your name**
- **you will not be required to leave contact details**
- **you will not have to make a statement.**

Please call 020 3377 4479 and quote the reference number by the image.

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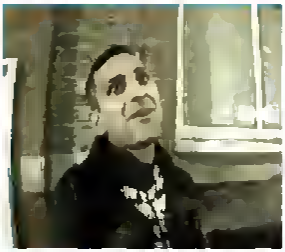

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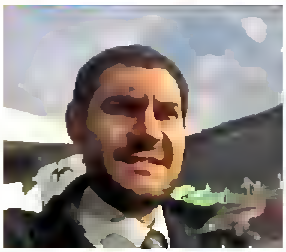

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On the right track

Transport for London (TfL) has teamed up with Newham Council to hear your views on the proposed extension to Barclays Cycle Superhighway Route 2, which currently runs from Aldgate to Bow.

The new extension would take cyclists from Bow through to Stratford town centre.

Plans include:

- 3km of brand new cycle lanes separated from traffic
- innovative "bypasses" around bus stops
- dedicated facilities at junctions to help cyclists get ahead of traffic
- ten junction upgrades, including Stratford one way system
- improved road surfaces and less street clutter
- new road markings and signs showing journey times and links to other cycle routes
- £140k for more than 400 new cycle parking spaces, cycle safety checks, free cycle training, and industry-recognised training for drivers of large goods vehicles.

The extended route has been designed to improve safety for cyclists, road users and pedestrians. Work is expected to start in late spring.

TfL is holding two events to hear your views on the planned improvements:

- **Saturday 19 January, 10am-2pm,** Stratford Shopping Centre, Broadway, E15
- **Sunday 20 January, 12noon-4pm,** View Tube, Marshgate Lane, E15

Mayor Sir Robin Wales said: "Busy roads and bicycles don't always go well together and we have always demanded a high-quality cycle infrastructure to improve safety for cyclists, pedestrians and other road users.

"We have told TfL that we don't just want a stretch of painted road. They have listened to us and as a result, what we are likely to get are fully segregated cycle lanes that will be among the safest around.

"It is important that we all take part in the public consultation. The complete scheme is still a little way off so there is still time for us to make sure the design and safety aspects are exactly what we want."

You can view the proposed designs for the Barclays Cycle Superhighway Route 2 extension at **www.tfl.gov.uk/CS2extension** and email your comments **barclayscyclesuperhighway@tfl.gov.uk** The consultation runs until 11 February.

Newham London

EVERY CHILD A MUSICIAN

Do you live in Newham and want to teach a musical instrument?

The Mayor of Newham offers a ground-breaking programme called Every Child a Musician, which provides free music tuition in schools to children aged 9 to 12 years old. As part of the programme, Newham Council is helping talented local musicians to become music tutors through our Local Tutor Training Programme.

> **Can you play an orchestral instrument, the guitar or keyboard to a high standard (equivalent to ABRSM grade 6 or above)?**
> **Do you want to develop your teaching skills and experience so that you can become a music tutor?**

If the answer is yes, then continue reading to find out more about the **FREE** part-time Local Tutor Training Programme which could provide you with a pathway to rewarding employment opportunities such as shadowing tutors in Newham primary schools or participating in a workshop with the world famous Royal Philharmonic Orchestra

For more information about the course that will run from April 2013 - July 2013
call **020 3373 1331** email **acam.tutor@newham.gov.uk**
visit **www.newham.gov.uk/ecamtutortraining**

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MAKE FOSTERING YOUR NEW CAREER

New year resolutions are usually personal goals that help improve your life. This year, why not make a resolution that really matters? Enrich your life and make an impact on someone else's by fostering.

Jacqui (pictured), from Plaistow, may be new to fostering but is no stranger to looking after the needs of children and young people. This mum of two, grandma and former youth coordinator has a natural knack for connecting with people that makes her a perfect candidate to be a foster carer.

Having been through the care system herself, fostering was something Jacqui had a passion for, for as long as she can remember. She said: "When I discussed fostering with my family they said it would be too much for them as one day the child would have to leave. They were keener to adopt. I wanted to touch as many young people's lives as I could, which is why I knew fostering was for me."

Jacqui has been an approved foster carer for almost a year. She describes her two foster children as her 'girls' and they no doubt feel part of 'Auntie JJ's' family with Jacqui's own daughter introducing them as her sisters.

Despite her professional experience, Jacqui found the training for foster carers invaluable. She said: "It was so useful. It helps make you feel like a professional. What I loved was hearing from other foster carers. Their stories are remarkable."

Jacqui's first placement arrived within months of her being approved as a foster carer. And then her second placement arrived. This initially proved challenging. She said: "When my second child came I had to explain to my first that it's up to us to love her, make her feel safe, look after her and support her.

"They're very sibling like. There's sibling rivalry and bickering, now and again, but they look out for each other. They call each other sisters and they're each other's best friend."

Fostering brings new experiences to both the carer and the child. As with all life's experiences some are good, some bad and some are eye-opening. Jacqui said: "Last summer we went to Southend. We went to the beach and the funfair. For one of my girls, it was the first time she had ever been to the beach or the funfair and the first time she had ever tasted candyfloss."

Jacqui is passionate about caring for children, but why would she recommend fostering to others? Her answer is simple: "It's so rewarding. It's enabled me to carry on my work with young people, but on a different level.

"I'm a lot more active since I've had my kids. I've rediscovered cooking and baking. I feel empowered to care for the children. Other mothers may be forced to go to work, I'm not. I'm allowed to be a mum and that feels great."

Fostering facts V fostering fiction

There are a lot of myths about who can and can't foster a child. Newham Council is looking for individuals and couples who enjoy spending time with and caring for children, are patient and understanding with bags of energy. Almost anyone can apply to be a foster carer and you can receive an allowance of up to £500. You can be:

- **from any cultural, ethnic, religious and social background**
- **almost any age, but your experience and fitness will be taken into account**
- **married, in a civil partnership, single, divorced or living with your partner**
- **heterosexual, lesbian or gay**
- **renting or a homeowner – as long as you have enough space to accommodate a child**
- **a parent or not. It is useful if you have some experience of what it means to care for a child**
- **living anywhere within our catchment area. Visit www.newham.gov.uk/fostering for details.**

Take a life-changing step

We need more Newham foster carers. Find out more about fostering in Newham by visiting www.newham.gov.uk/fostering or call freephone 0800 0130 393.

A warm welcome

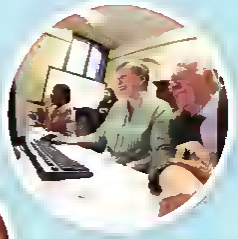
If you are aged over 50 head down to your local Active Centre this winter.

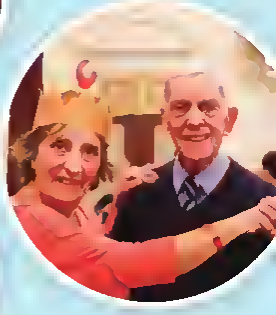
Previously known as Warm Centres, there are 34 Active Centres in Newham that have swung open their doors this winter. As well as a range of free activities, the centres are an opportunity to get out of the house, meet other residents and have some fun.

At the Active Centres you can get involved, make friends, try something new or just have some tea, biscuits and a natter.

Head to an Active Centre to enjoy:

- **salsa –** come on your own or bring a friend and experience this Latin American dance phenomenon
- **Zumba –** join the party and get fit at the same time with this fun, high energy workout
- **ESOL classes –** a range of courses for adults who want to learn to speak and write English
- **IT classes –** learn new skills, improve your job prospects, or find out how to stay in contact with family and friends
- **creative writing –** "I wandered lonely as a cloud…' until I joined a creative writing class and made new friends
- **arts and crafts –** get creative and have fun
- **ballroom –** you've seen it on "Strictly" now you can have a go
- **keep fit –** get fit and active for the new year with a wide range of activities
- **short mat bowls –** easy to learn, fun to play, but a lifetime to master
- **Wii leagues –** just because you are grey doesn't mean you can't kill zombies or create virtual cities
- **tea dances –** fun and informal, our tea dances are the ideal place to try your new moves
- **social events –** there's always lots going on and you are bound to find something to interest you





For more information on Active Centres call 020 3373 0625 or visit www.newham.gov.uk/ActiveCentres to discover your nearest one.

Newham London

Your property must be licensed.

If you are a landlord or managing agent who lets residential property in Newham, it must be licensed

Failure to license is now an offence and may result in fines of up to £20,000 per property

Apply online now and a licence will cost £150
From 1 February 2013 it will cost £500

For more information and advice, or to apply for a licence visit:
www.newham.gov.uk/propertylicensing

Alternatively, contact the Property Licensing team on 020 3373 1950.

a place where people choose to
live, work & stay

GET ON TRACK

If you are out of work or college and aged between 16 25, then the Get on Track programme is for you

"Get on Track provides you with the self discipline motivation and confidence you need to boost your chances of employment

You will be mentored by world class athletes who have experienced the highs and lows of world class competition

"Get on Track will include...

Sport Qualifications | New Sports | CV & Interview Skills | Volunteering Opportunities | Confidence Building Activities

The whole Get on Track programme has been amazing It s improved my confidence so much and gives me experience of working as a team which I didn t have before

Programme Dates
Abraham & Village Hall 65 Evelyn Road West Silvertown E16 1TD

Phase 1 30th - 31 Jan Feb
Phase 2 6th - 13 20th Feb March
Phase 3/Celebration March

CONTACT INFORMATION
EMAIL
PHONE/TEXT 07436 367424

Newham London | active newham | DKH Legacy Trust

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improve your health • raise your spirit

Taoist Tai Chi™

Taoist Tai Chi Society

free open house in Stratford

Wednesday 23 January • 6 15pm – 7 45pm
Bryant Street Community Centre, Bryant Street, E15 4RU
New beginner's course starts Wednesday 6 February

07423 403 144 taoist.org.uk

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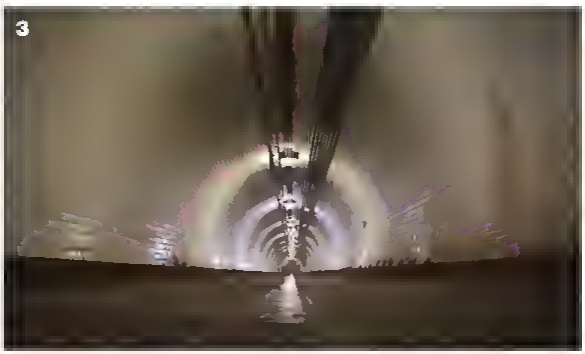
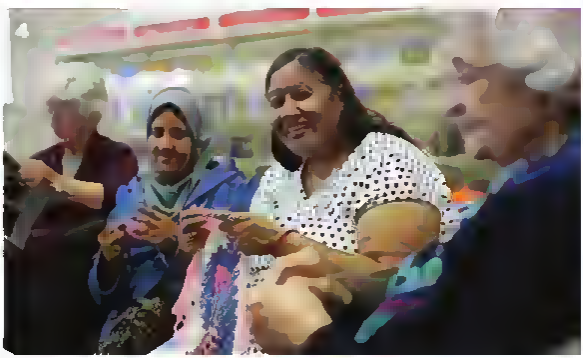
thenewhammag

To advertise here call Julie Madell
on 07890 529 090 or email
julie.madell@newham.gov.uk

Newham in pictures





1 Strictly tea dancing at the Old Town Hall Stratford **2** A voice to make you melt Thomas McLucas was Walking in the Air after his The Snowman solo at Stratford Circus **3** Light at the end of the tunnel? Newham Council launches the Bridging the Gap river crossings campaign **4** In stitches at Canning Town Library's Knit and Natter session **5** The Every Child a Musician Programme struck a chord with Shadow Education Secretary Stephen Twigg MP during a visit to Shaftesbury Primary School E7

Reach your goal

Have you ever met someone who could change your life? Former international rugby player and AIR Football coach Sami Mbarki is just such a man, and when you meet him you can see it in his eyes.

AIR Football is all about change. It is best known for its challenging work using football to transform the lives of former addicts and criminals, but their training sessions are open to everyone. Nowadays you are just as likely to find young mums at them.

But it's not just about football anymore either. "We are using cross fit techniques, taking some of their exercises and moderating them to make them appropriate for the people at our training sessions. We are also doing circuit training and boxercise," says Sami.

In the New Year, losing weight is at the top of most people's agenda. Sami's advice is clear: "You can do as much exercise as you want, but if you are eating unhealthily you are just going to go round in circles. So weight loss is more about dieting than it is about exercise.

"Watch what you eat, especially the carbs, and watch what time you eat as well. Most people get home from work and don't eat dinner until about eight. Eating a heavy carb meal at that time will do you no good.

So what is Sami's top tip for fighting

the flab? "I'd suggest writing down a little list of what you like and what you don't. See which is bad and which is good for you. Then just tick and cross and get all of the bad foods away.

"We live in a society where you can buy chicken and chips for a pound but buying a salad will cost you three or four quid. Try to make these meals at home and have them ready for the next day. It's cheaper that way."

Sami is also an advocate of setting yourself targets. "Write down your goal and what you want to achieve. Don't worry about how long it will take. Just think of the steps needed to achieve it. Always be confident. Always believe you can achieve your goal."

Keeping going can be a challenge. Sami suggests training with a friend or partner. "You can help each other, give each other encouragement and confidence. Sometimes you just need someone to say, 'Right, we're going to the gym'."

AIR Football helps people change, whether that's a lifestyle change or a life change. Sami explained: "We try to help everyone in the community as much as we can. We could charge £30 or £40 per session, but right now a lot of people don't have much money, so my sessions are free. We are also giving a free gym pass for a month. It's worth coming just for that."

And what does Sami get out of it? "Sport is a team and unity thing. That's important if you want to change. We know that sport can help people. It puts a smile on everyone's face. And that's what is so great about my job. Every day I feel like I'm helping someone."

Sami's free fitness classes are open to anyone aged over 16 and are held at West Ham Memorial Park on Tuesdays, 1-3pm and Fridays, 10am–12noon.

AIR Football is a sport for development programme that uses football, fitness and sport to inspire and motivate people to make the changes necessary to move forward in their lives. Alongside free coaching and fitness sessions AIR Football offers personal development to support individuals affected by substance misuse, crime, homelessness and mental ill health.

To find out more about Air Football, or to get involved visit www.airfootball.co.uk Ring: 07962 374021/ 07944 000823 or email info@airfootball.co.uk

A LIFE-AFFIRMING NEW MUSICAL BASED ON A TRUE STORY

GLASGOW GIRLS

Conceived for the stage and directed by **CORA BISSETT**

Book by **DAVID GREIG**

Music and Lyrics by **CORA BISSETT**, **SUMATI BHAROWAJ (SOOM T)**, **PATRICIA PANTHER** and the **KIELTY BROTHERS**

NEWHAM DISCOUNT NIGHT
TUES 12 FEB. 7.30PM
£2.50 TICKETS!

Available to Newham residents who use first two letters of the theatre. Proof of address required. Offer not available online

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'ELECTRIFYING'
The Scotsman

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THEATRE ROYAL STRATFORD EAST
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[NATIONAL THEATRE OF SCOTLAND]

CITIZENS THEATRE

Richard Jordan Productions Ltd

Pachamama Productions

In association with NEWCASTLE THEATRE COMPANY (AUSTRALIA)

Newham Council

ARTS COUNCIL ENGLAND

Newham London

Lyn Gardner, Mail on Sunday ★★★★★

Lyn Gardner, Guardian ★★★★★

Nick Curtis, Evening Standard ★★★★★

Theatre Weekly ★★★★★

Time Out ★★★★★

The Stage ★★★★★

Daily Telegraph ★★★★★

Daily Mail ★★★★★

Metro ★★★★★

Sunday Times ★★★★★

Mail on Sunday ★★★★★

Lyn Gardner, Guardian ★★★★★

NEW YEAR, NEW RECYCLING COLLECTION

Value for money and a more efficient service are at the heart of changes to our recycling collection service. From next month, almost all households with an orange lidded bin will have their recycling collected every fortnight, saving residents £400,000. There will be no change to waste collections, which remain weekly.

The orange bin recycling service was introduced two years ago. As part of a review of the effectiveness of the service we carried out an extensive fact-finding pilot on more than 11,000 households and collected their rubbish fortnightly. After a week, the majority of bins were only half full with and many residents didn't even notice the change. The few bins that were full were usually big enough for fortnightly recycling if cardboard and plastic bottles were flattened and the bins used correctly.

Many other London councils already collect their residents' recycling fortnightly. All residents moving to fortnightly recycling collections will receive a leaflet outlining the changes.

Councillor Ian Corbett, executive member for infrastructure and environment, said: "Central government grant cuts are forcing us to take some tough decisions, but we are committed to ensuring that rubbish collections will always be weekly in Newham.

"Every year, £20m is spent collecting and disposing of residents' waste. The change from weekly to fortnightly recycling collections mean that we can save money and continue to provide an excellent kerbside collection service."

Most residents who use orange bags to recycle will continue to receive weekly collections. If you have more than six people living in your property and find your recycling bin is full to the brim every week, you could get a larger bin.

Visit ww.newham.gov.uk/recycling for more information.

Be a smart recycler

Before you recycle, don't forget to:

- flatten cardboard and plastic bottles so that they take up less space
- rinse your tins, cans and plastic bottles to avoid smelly odours
- put your recycling items in your recycling bin, not on top of or beside the bin

Recycle these

Food and drink cans

> Food tins > Drinks cans > Metal lids

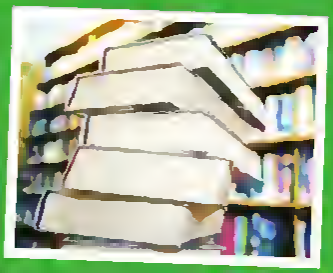
Paper and card

- Newspapers and magazines
- Brochures, leaflets and directories
- Junk mail and envelopes
- Cardboard

Plastic

> Plastic bottles > Milk bottles
> Shampoo bottles

Pick up a book for the journey



Stratford Station has become a venue for the ... for London's latest book swap. Books for London ... are working to establish a London-wide book sharing ... train stations and Stratford Station is their first book ... new books, saves money and prevents books ending ...

Bring your old books, any language, style and ... passing through on your way to work, college or ... a new book.

The book swap is located in the main tunnel under the ... stairs to platform 5 (Central Line westbound).

If you want to get involved visit **booksforlondon.org.uk** or email **stratfordbookswap@gmail.com** for more information.

Getting the party started

Mahalia Dwyer leads the celebrations singing 'One Love'

Brampton Primary School parents dish up

Around 200 people attended a fantastic end of year get together organised by charity Conflict and Change at Newham Town Hall, E6.

The Langdon School music group, Last Note, entertained everyone with uplifting songs including *Silent Night* and a rendition of Bob Marley's *One Love*. Conflict and Change volunteers ran children's activities and games including human bingo.

There was also a high energy Zumba class led by Janice Irwin who got everybody up on their feet to enjoy Latin beats. Brampton Primary School parents helped by cooking the food.

Volunteer Phyllis Campling applied for a Let's Get the Party Started grant and worked with a team of four volunteers to organise the party with support from two Brampton Primary School parents. Read more about how you can host your own event in 2013 in our next issue.

Movie magic on the River Princess

See the latest up and coming directors and independent film makers onboard the River Princess boat at Cody Dock. The exciting community project is creating a cultural quarter with artist workshops, community gardens, café and moorings in Canning Town.

Former Thames ferry, the River Princess, a unique 70 seat venue with bar is continuing its regular themed screenings of new independent films. Coming up are:

Saturday 26 January - water
Saturday 2 March - industrial
Saturday 6 April - dance on screen.

Doors open 7pm, films start 8pm. Tickets are £3 on the door. **Show a copy of the *Newham Mag* at the January show and buy two tickets for the price of one.**

The River Princess is at Cody Dock, 11c South Crescent, E16. The nearest station is Star Lane DLR.

Film makers with movies to screen can contact **dominiquerivoai@yahoo.co.uk** For more information visit **www.gasworksdock.org.uk** or call **07813 345 057.**

Newham students in Athletics Challenge launch

Ten students from Newham Sixth Form College (NewVic) in Plaistow met London 2012 Paralympian bronze medallist Ola Abidogun at the launch of the EDF Energy Athletics Challenge.

The students also met coaches from the Team Falola Trust, who will work with them over the next three months, focusing on track and field events.

Osvaldo Gloria, 17, captain of the NewVic team, said. "London 2012 encouraged so many people to try sport and it's certainly encouraged me. We're getting extra coaching through the challenge and it's a fantastic opportunity."

Ola said, "London 2012 took athletics in this country to a new level and initiatives like this are just what we need if we are going to turn the incredible enthusiasm displayed in 2012 into opportunities for young people."

NewVic students join the Athletics Challenge with Ola Abidogun (centre)

Kids' Corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. We cannot return any entries.

GALLERY

Erica Sanches, 11

Ifthy Fairose, 10

Elizabeth Odunaike, 14

David John, 8

Free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on

Colour-me-in Crossword

Across

1. Fire-breathing creatures in legends (7)
5. Strips of pasta in Chinese cooking (7)
7. Total quiet (7)
8. She writes the Harry Potter novels (7)
11. Chocolate snack (7)
12. Dennis the Menace's dog (7)

Down

1. Enormous prehistoric creature (8)
2. In the past (3)
3. Night-bird (3)
4. A way of organising things (6)
6. Jamaican hairstyle (10)
9. Chopping this vegetable can make you cry (5)
10. Unpleasant sound (5)

Poem

The New Year has started,
The big 2013!
The year flew by..
In the blink of an eye!
It felt as if
We were swiftly gliding throughout time!

Time went so quick,
As Newham is developing so fast,
New improvements, new activities, more leisure
All in one year, the year 2012!
I can't wait for Newham's sublime 2013 surprise!
What will we have in store?
The whole Olympic ground will become ours to keep!
To use throughout our everyday life!

The ground which world-known athletes have stood on,
Would be ours to cherish and remember our inspiration!
But that's only part of it,
This is only the beginning of 2013,
Newham holds much more!

Newham is special, its our everyday Santa!
Santa comes on Christmas, giving Newham a holiday
But Newham gives us presents every day!
We get leisure activities, community sessions,
All at our doorstep at the start of 2013!
That's because we care,
We care about each other's opinions,
We care about what every Newham citizen thinks!
This factor makes us the most unique individual borough of London!

This factor makes us most special!
It will help us take the first step into the New Year,
It will help us succeed!
This is why our New Year will be abundant in health and happiness!

The New Year has started,
The big 2013,
It will be special...
Just you wait and see!

The New Year Has Started
By Taybah Akhtar, 12

WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN!

To view hundreds of events, or to add your own, log on to **www.newham.gov.uk/whatson**

18 JAN – 1 FEB

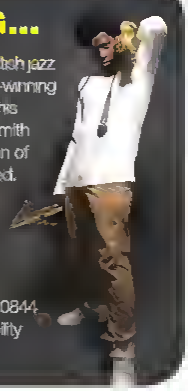
OUR THRILLING THREE...

Here's what's on at the Theatre Royal Bar

1. **DJ Lok** – Sat 19 Jan, 8 til late, a DJ set for music lovers funk soul and rare groove effortlessly mixed by this master of the turntables
2. **Word 4 Word** – Sun 20 Jan, 7pm, award-winning poetry slam champion Kat Francois with an open mic mix of poets, singers comedians and more
3. **John Mann Comedy** – Mon 21 Jan, 8pm John is a unique observer of the mundane sometimes rude frequently silly, but never dull!

DJ's every Friday and Saturday Comedy every Monday and special events on Sundays – all free Theatre Royal Bar, Gerry Raffles Square E15 **www.stratfordeast.com**

MENTION THE MAG...



One of the most exciting musicians on the British jazz scene comes to Stratford Circus – the award-winning alto saxophonist Soweto Kinch, premieres his stunning new album The Legend of Mike Smith combining hip hop and jazz in an exploration of the seven deadly sins Expect to be seduced.

7.30pm, Saturday 16 February, Stratford Circus, Theatre Square, Stratford, London E15 **www.stratford-circus.com**

£12/£10/concs Bring a friend for £6 when you mention the mag. Call the box office on 0844 357 2625 to book. Offer is subject to availability for the first 30 full price ticket holders only

TRY SOMETHING NEW... AT STRATFORD CIRCUS

Glee Club – a new musical theatre club for children aged 5-11. Perfect for budding young actors, singers and performers. £85 for a ten week term.

Age Well Actors – open to all over 50s with a passion for theatre. Make friends, build confidence and work towards a stage performance £50 for a ten week term.

Stereo-Hype Festival 2013 – 25 and 26 January. A free two day festival of performance, talks and creative arts including film, photography, storytelling, music and drama

For more details or to book call **0844 357 2625** or visit **www.stratford-circus.com**

ARTS AND ENTERTAINMENT

Comedy Night
From January free entertainment every Mon, 8pm, Theatre Royal Stratford East Gerry Raffles Square E15 Visit www.stratfordeast.com/comedy-night

Mini Musical Makers
Free music and story building sessions for children and parents with Newham Academy of Music
Wed afternoons Discover Story Centre 383-387 High Street, E15 Call 020 8536 5555
Mon mornings, The Hartley Centre 267 Barking Road E6 Call 020 7540 6923
Places are limited, please book before attending

COMMUNITY LEARNING

Do it Online
Basic computer sessions for all All sessions take place at local libraries. You must book in advance. Sessions will resume from week starting 21 January
Tues, 10am 12noon, Beckton
Thurs 10am-12noon Canning Town
Fri 2-4pm, East Ham
Thurs 10am 12noon Manor Park
Tues, 2-4pm, Plaistow
Wed 2-4pm Stratford

Free Computer Course (19+)
Until 7 Jan 2013 Mon-Thurs,10am-5pm,
Fri 10am-1pm Jack Cornwell Community Centre, Jack Cornwell Street, E12 Call 07943 887 612/07507 173 272

Knit & Netter
Craft group for adults, at local libraries
Fri 10am-12noon Canning Town

UNDER FIVES LIBRARY ACTIVITIES

Open to under fives with their parents/carers All sessions take place at local libraries

Toy Library
Tues and Thurs,
10am 12noon East Ham

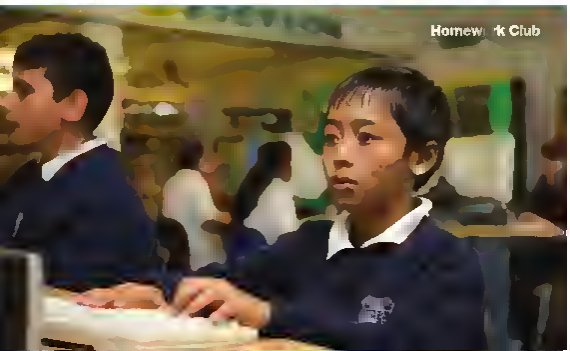
Imeginetive Ploy
Fri 11am-12noon, East Ham

Sterytelling
Mon 11am 12noon
Canning Town
Tues, 11am-12noon
Custom House
Mon 11am-12noon, Plaistow
Tues and Fri, 11am-12noon, Stratford
Wed 2-3pm East Ham
Thurs 2-3pm North Woolwich
Thurs 10 30 11 30am
Green Street
Fri 11am 12noon,
Beckton Globe

YOUNG PEOPLE'S LIBRARY ACTIVITIES

All sessions take place at local libraries

Homework Club
For young people aged 7 to 14
School term only
Mon 4-6pm, Stratford
East Ham
Mon, 3 30-5 30pm
North Woolwich
Thurs 4-6pm Custom House and Plaistow
Fri, 3 30-5 30pm, Beckton
Fri 4-6pm Canning Town



ADULT LIBRARY ACTIVITIES

All sessions take place at local libraries

Adult Reeding Groups
Mon 21 Jan 6 30-7 30,
East Ham

Over 50s Club
Thurs 10am 12noon,
Beckton Globe

EXTRA ACTIVITIES

Royal Docks Learning & Activity Centre
Tues
Bingo, 10am-12noon, £1
Healthy Cook and Eat Sessions 10am–12noon, £1
Learn to Earn – Employment Support Drop in 10am–2pm, FREE
Wed
Mother & Toddlers group 9 30am – 11am, FREE
Coffee Morning 9 30-11am FREE
Sewing Classes, 10am-12noon, £1
Thurs
Tai Chi 10 30am 12noon £2
Sessions take place at Royal Docks Learning and Activity Centre, Albert Road, North Woolwich, E16 Call 020 7476 1666

LGBT Community Group
For over 50s Snacks and refreshments provided
Every third Tues of each month 4 6pm, Community Resource Centre, 200 Chargeable Lane, E13 Call 020 7239 8055

Dirty Hands Project
Grow your own fruit and veg Open to all First Sat of each month, 10am-2pm, Valetta Grove, (opposite Plaistow Station) E13 Visit www dirtyhandsproject org uk or email dirtyhandsproject@gmail com or call 07961 674 210

BASKETBALL

Youngbloods Basketball
All sessions cost £1
U12s mixed
Sat 1 3pm, East Ham Leisure Centre, E6
U13/14s, boys
Mon, 6-8pm, St Angela's School E7
Tues, 5 30-7 30pm Newham Leisure Centre, E13
U14s girls
Mon 4 30 6pm St Angela's School E7
Tues, 5 30-7 30pm, Newham Leisure Centre E13
U15/16s, boys
Tues, 6-8pm, East Ham Leisure Centre, E6
Fri, 6-8pm,
St Angela's School, E7
U17/18s boys
Tues 8 9 45pm East Ham Leisure Centre E6
Thurs 7 9pm St Bonaventure's School, E7
Fri, 6 8pm,
St Angela's School E7
Call 07958 307 657

Newham All Star Sports Academy (NASSA)
All sessions take place at UEL Docklands Campus, University Way, E16 Sessions are £1 unless indicated otherwise
Visit www nassasports org uk
Wed 4 20 6pm U13-14
6 8pm U16 18
8-10pm, Senior Men
Thurs, 4 20-6pm U13-14
6-8pm, U16-18
8-10pm, Senior Women, £2
Fri, 4 20-6pm U13-14
6-8pm U16-18
8-10pm, Senior Men Run £2
Sat 10 20am-12 20pm, junior boys and girls, 8-14, £2

Call 07703 503 995
or 07712 176 301

National League
Mon 6-8pm, U13/14s,
Rokeby School,
Barking Road, E16
Tues, 6-8pm, U15/16s
Rokeby School,
Barking Road, E16
Thurs, 4 30 6pm,
U13/14s boys, U14s girls,
Newham Leisure Centre,
Prince Regent Lane, E13
6-8pm, U16s,
Newham Leisure Centre,
Prince Regent Lane, E13
6-8pm, U18s, Cumberland School, Oban Close, E13

Gifted and Telented
Fri 4 15 5 30pm
Cumberland School,
Oban Close, E13

Basketball Session
Sat, 10am-12noon
Newham Leisure Centre,
Prince Regent Lane, E13

Senior Men/Women Progremme
Mon 7 30 9 30pm
Division 2 Women and Division 3/4 Men Rokeby School
Canning Town E16
Call 07947 401 616

FOOTBALL

Mayor's Football League
8-16s, Mon, 4-6pm
Newham Leisure Centre,
Prince Regent Lane, E13

4v4 Footbell
8-19s Wed, 5-7pm
Stratford Park MUGA
West Ham Lane E15

5v5 Football
8-19s, Fri, 5-7pm
Royal Victoria Gardens, Pier Road, E16

4v4 Football
8-19s, Fri 5.30-7pm
Snowshill MUGA
High Street North, E12

5-a-side Tournaments
(First Sat of the month)
U12s/U14s/U16s, Sat, 10am-1pm
Plashet Park, Plashet Grove, E7
8-19s Wed 7.30-9pm
Winsor community MUGA, Manor Way, E6
Call 020 3373 4119

WHU Kickz (free)
Mon, U14s, 4-5.30pm
15+, 5.30-7pm
West Ham United Community Astro Turf (Beckton), E6
11-18s 5-8pm
Forest Gate Youth Centre, E7
Tues, U14s, 4.5.30pm
15+, 5.30-7pm
West Ham United Community Astro Turf (Beckton), E6
11-18s 6-9pm
Priory Park MUGA E6
Wed, 11-18s, 5-8pm
Priory Park MUGA, E6
Thurs, 11-18s, 4-7pm
Priory Park MUGA, E6
Fri, U14s, 4-5.30pm
Girls 11+, 5.30-7pm
West Ham United Community Astro Turf (Beckton), E6
11-18s 5-8pm
Forest Gate Youth Centre, E7

Air Football 16+
Tues, 1-3pm,
Stratford Park, E15
Fri, 3-5pm, Beckton Powerleague E6 Visit www.airfootball.co.uk

Ascension Football Academy
All sessions £3
School years reception to 11, 10-11.30am
King George V Park, King George Avenue, E16 Call 07806 584 925

BOXING AND SELF DEFENCE

Boxing
West Ham ABC - community boxing, 11-19s
Free Olympic style amateur boxing sessions
Hathaway Community Centre Hathaway Crescent, E12
Wed 7pm Call 020 8430 2000
West Ham Boys ABC 9+ boys and girls
Mon Wed, Fri, 5-6pm
The Black Lion, 59-61 High Street E13 Call 020 8472 3614
Peacock ABC 8+, boys and girls
Mon, Wed, 6-8pm
Caxton Street North, E16
Call 020 7511 3799
Newham Boys ABC 6+, boys only
Mon, Wed, Fri 6-7.45pm
Old Bath House 141 Church Street, E15 Call 020 8519 5983
Fight For Peace 11+, boys and girls
Woodman Street, North Woolwich E16
Call 020 7474 0054

Punch Out (16+)
Free boxing fitness workout
Thurs, 8-9pm Beckton Community Centre
Manor Way E6
Fri, 5-6pm, Katherine Road Community Centre 254 Katherine Road, E7 Email getactive@newham.gov.uk

Shoujin Karate
Sessions for beginners.
Newham Shoujin Karate Club
Weds, (during term time only)
4.30-5.30pm Fri, 6-7pm and 7-8pm Sun, 10-11am, Newham Leisure Centre Prince Regent Lane, E13.
Call 07508 070 638
Docklands Shoujin Karate Club
Mon, 6.20-8.20pm, UEL Sports Dock Docklands Campus, E16 Call 07517 136 837

Tang Soo Do
Korean Martial Arts for 5+ to adults £5 per session – family discount available
Sat, 1-2.30pm (arrive at least 15 minutes before start) The Hub, 123 Star Lane, E16
Tue 7.30-8.30pm Grassroots, Memorial Park Memorial Avenue E15
Call 07725 948 426 or email ace_rosillo@hotmail.com

Hop Skip and Punch (18+)
Mon, 5.30-6.30pm, Katherine Road Community Centre, 254 Katherine Road, E7
Call 020 8548 9825

Free Boxercise Bootcamp class (16+)
(children 7+ welcome with parent) Wednesdays 6-7pm
90 Day Fatbuster Program
Tuesdays & Fridays 6-6.45 16+
Britannia Village Hall, 65 Evelyn Road, E16 1TU
Registration required
membership packages
info@5starphysique.co.uk
www.5starphysique.co.uk
07904 625 402

HEALTH AND FITNESS

Hendball (free)
8-16s, Tues, 3-4.30pm
16+, Fri, 6-8pm
Newham Leisure Centre, Prince Regent Lane, E13 Email aranka.bekker@newham.gov.uk

Multi sports (free)
Wed, 1-3pm and 5-7pm, 16+
Stratford MUGA,
West Ham Lane E15
Fri, 5.30-7pm, 8-19s
Snowshill MUGA, High Street North, E12 Call 020 3373 4119

East End Road Runners
Free coached sessions for all abilities
Tues and Thurs, 7pm
Sun 9am, meet on the track, Newham Leisure Centre, Prince Regent Lane, E13
Call 07979 261 647

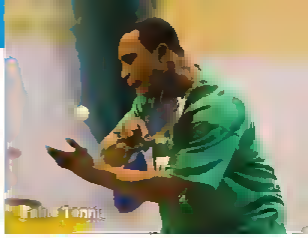
Run England sessions
All sessions are £2 indicated otherwise
Sun, 10am-12noon, Newham Leisure Centre, E13 (meet on the track)
Mon 4-5.30pm Newham Leisure Centre, E13 (meet on the track)
5.45-6.45pm, Newham Dockside, E16 (meet at reception)
Tues, 6-7pm Newham Leisure Centre E13 (meet on the track)
Wed, 12noon-1pm, Newham Dockside, E16 (meet at reception)
Thurs, free, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception)
Sat 10-11.30am, East Ham Central Park, E6 (meet at the café)
10-11.30am, Wanstead Flats, E12 (meet at Harrow Road Changing Pavilion)
10-11.30am, Memorial Park, E15, £4 (meet at car park)
Call 07718 394 874

Cricket
Wed, 6-8pm, 8-18s, Lister Community School, St Mary's Road, E13. Call 020 3373 4119

Hockey
Mon 3.5pm, 8-14s
Kingsford Astro Kingsford Way E6 (by Asda car park)
Call 020 3373 4119

Rugby
Tues 4-6pm, 10-16s
Memorial Park, Memorial Avenue, E15 Call 020 3373 4119

Volleyball
Mon 3.30-5pm, 11-18s Royal Docks School Prince Regent Lane E16 Call 020 3373 4119



Newham Swords (4+)
Tues, 6.30-9pm
Thurs, 6.30-9pm
Fri, 7.30-10pm
The Hub in the grounds of Newham Leisure Centre, Prince Regent Lane, E13
Call 07956 618 898

Newham Striders
Free sociable walking group seven days a week
Call 020 8430 2000

Free Men's Health Football Fitness Sessions
Sat, 10-11am, West Ham United Community Training Facility, 60a Albatross Close, E6
Call 020 7473 7724

Free Family Fit Club
Sat 11am-12noon West Ham United Community Training Facility 60a Albatross Close E6 Call 020 7473 7724

Zumba classes
Thurs, 7.30-8.30pm, St Nicholas Church Hall, Gladding Road, E12, £5 per class Call 07720 805 505

Saturdeds
For fathers, grandads, uncles and children aged 0-16.
Sat, 12noon-3pm
Chandos East Hub, 90 Chandos Road E15
Call 020 8221 2137

Family Fitness classes
£4-£6 for adults, £1 for children/teens.

Outdoor classes
Adult only Boot Camp
Tues 9.30-10.30am
Family Boot camp (children must be 7+) Tues 5-6pm
Teens only Boot Camp (13-16) Weds, 5-6pm
Family Boot Camp,
Sat 11.30am-12.30pm
Grassroots Memorial Park E15
To register for outdoor classes call 07904 625 402 or email info@5starphysique.co.uk

Indoor classes
Funky Kids Skiptrix (7+ jump rope based exercise and games) Thurs, 5-6pm
Adults Skiptrix Circuits, Thurs, 6.15-7.15pm
The Hub, 123 Star Lane, E16
Call 07904 625 402 or visit www.5starphysique.co.uk

Newham Young Britons A.S.C
Learn to swim and/or improve your strokes.
Men's session, (12 week course £70.60) Sat, 5.30-6.15pm
Children's session (£2 per session) 5-16 Sat 6.15-7pm
Newham Leisure Centre, Prince Regent Lane E13
Call 07956 304 518

Yoga Classes
£5.50 for full-time workers or £3.50/£4 for students and those in receipt of benefits
Tues, 6.10-7.10pm and Fri, 10.30-11.30am
The Hub, 123 Star Lane, E16
Wed, 6.30-7.30pm
The Unitarian Church, West Ham Lane, E15
Call 07956 808 007 or visit www.yocoma.co.uk

Woodside Badminton Club
Intermediate and club standards players welcome Fri 8.9.30pm
£5 waged/£3 unwaged
Carpenters Docklands Centre 98 Gibbins Road, E15 Call 07958 761 676 / 07956 150 240

Table Tennis
For beginners and intermediate players. Thurs, 6.30-9pm
Stratford School, Upton Lane, E15 (Dons Road entrance)
For more info call 07976 577 716 or 07828 866 031 or email ginny.harris10@btinternet.com

Qi Gong
Suitable for adults of all abilities
£5 per session
Thurs 8pm on the Docklands Community Boat moored near ExCeL. Meet at the gates to Millennium Mill Mill Road E16
Call 07930 610 275 or email lee@bigheavenlittleheaven.com

UnityZumba
Classes are £5 each adults, children £3 (7+)
Mon and Wed 8-9pm,
Hartley Centre, 267 Barking Road, E6
Tues and Thurs, 8.15-9.15pm,
St Mark's Community Centre, 218 Tollgate Road, E6
Fri, 7.30-8.30pm, African Caribbean Centre, 627-633 Barking Road, E13
Sun, 6.30-7.30pm,
The Well Centre, 49 Vicarage Lane E6 Call 07886 884 573

Beginners' Ballroom
£2.50 per session
Mon 10am-12noon St Paul's Church Centre Burges Road E6 Call 07761 209 463

Twisted Pink
Open to 7-21s
Street Dance sessions Fri, 6-7pm, £3
Zumba classes (From 30 Nov) Fri 7.15-8.15pm £5 including childcare St Luke's Church, 89 Tarling Road, E16.
Call 07534 513 307, visit www.twistedpink.org.uk or email twistedpink26@aol.com

Zumba with Annabel (17+)
Mon 7-8pm £5 Vicarage Lane Community Centre, Govier Close E15
Tues, 8-9pm, £4, Swift centre, 387 Barking Road, E13
Call 07500 898 665

Badminton at Little Ilford School
For all standards £4 for a court and bring a racquet
Thurs, 7-9pm Browning Road, E12 Email morgan_phil@hotmail.com or call 07944 117 263

FEMALE SPORTS

Zumba Fitness (12+)
£5 per session 8.30-9.30pm
The Hub 123 Star Lane, E16
Email bollywoodfuzion@gmail.com or call 07830 455 823

Dars2Dance
Free street dance classes for girls, 12-16s Fri, 3.30-5.30pm
Newham Leisure Centre (New Indoor Multi Sports Centre), Prince Regent Lane, E13
Call 07970 783 526

Girls Spinning Sessions
11-16, Mon and Wed, 4.4.30pm Newham Leisure Centre Prince Regent Lane, E13 Call 020 7511 4477

Female Only Gym Sessions
11-16, Tues and Thurs, 3.30-5pm 16-25, Weds, 1.30-3pm, free Newham Leisure Centre, Prince Regent Lane, E13
Call 020 7511 4477

Female Boxfit Classes (16+)
Mons 4.15-5.15pm Balaam Leisure Centre Balaam Street E13 Call 07970 783 526

Girls Football
12-14s football coaching and tournaments Tues 3.30-5.30pm
Newham Leisure Centre Prince Regent Lane, E13 Call 020 8556 5973

Women United AFC (11+)
Mon (term time only)
6-7.15pm, Kingsford School, £1 per session Call 07792 932 979

Get Back into Netball
OPA Netball Club sessions
Tues, juniors, 6-7pm, seniors 8-9.30pm £2 per session
Lister Community School, St Mary's Road E13
Call 07717 281 529

Body Blast (16+)
Mon, 7-8pm and Thurs, 6-7pm
Talent Central, Unit 27a, 3 Armada Way, Gallions Shopping Centre, E6

Female Multi-Sports
Cardio, Tennis, Handball Rounders, Football and more
10-16s, 4.30-6.30pm, Tues
4.30-6.30pm Newham Leisure Centre, Prince Regent Lane E13
Fri, 4.15-5.15pm Little Ilford Youth Zone, Rectory Road E12
Call 020 8556 5973 or email Farrakh.Khan@locsp.org

Sheila's Yummy Mummy buggy (16+)
£5 per session
Mon, 10-11 30am
East Ham Central Park, E6 (meet outside cafe in the park)
Fri, 10-11 30am, Plashet Park, Plashet Grove, E6
Call 07908 614 958 or email spoleon@aol com

Get back into Netball
OPA Netball Club sessions Tues juniors 6-7pm seniors 8 9 30pm £2 per session Lister Community School St Mary's Road E13 Call 07717 281 529 or email opanetballclub@hotmail com

Zumba classes
Tues, 8-9pm,
£4 per hour, The Swift Centre, 387 Barking Road, E13
Thurs 7 30-8 30pm
£4 per hour, The Hub, 123 Star Lane, E16 For more details call 07500 898 665

Janice's Fitness (16+)
Soca and Zumba fitness sessions £5 per session Tues, 9 30-10 30pm St George and St Ethelbert Church Hall Burford Road E6 Email info@jfkarate co uk or call 07818 000 643

Bollywood Dance Class
For ages 13-18 Wed, 6-7 30pm, Katherine Road Community Centre, 254 Katherine Road, E7
Call 020 8548 9825

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports
Free Flying Wheels club for young wheelchair users 6-22 Wed and Fri evenings, 6-8pm Rokeby School Barking Road E16 Call 07888 085 259
U19s Fri 4 30-6 30pm Newham Leisure Centre E13
Disabled Multi-Sports Tues 10 30am 12noon, Newham Leisure Centre, E13
Call 020 7511 4477
Fri 4 30 6pm NewVic Prince Regent Lane E13
Call 07811 671 082

Wheelchair Basketball
11 19 Wed 4-5pm
Rokeby School Barking Road, E16 Call 07947 401 616

Family Swims for Disabled Children and Adults
Newham Otters Swimming Club, Sat Newham Leisure Centre E13, 4 30-5 30pm For more details call 07931 788 739
Family Swim, Sun, 12 30-2pm, Balaam Leisure Centre E13, £5 Call 020 7476 5274

Free Trampolining Sessions
U19s Fri 5 7pm and Sat 12noon-2pm Newham Leisure Centre E13 Call 020 7511 4477

Mixed Swimming Sessions for Adults and Children
Wed, 10am-12noon, East Ham Leisure Centre, E6 £1 15 per session Call 020 8548 5850

Free Swim for Families dealing with Autism
Wed 4-5pm Balaam Leisure Centre E13 Call 020 7476 5274

Get fit for free
Free use of the gym for one year for people with learning disabilities at Newham Leisure Centre Tues, 1 30-3 30pm and Fri, 10am-12noon To book an induction call on 020 7511 4477

B1 Football Club
Third Sun of every month, 10am 12noon East Ham Leisure Centre E6

Free soft play and exercise to music
Sat 2-3pm, Newham Leisure Centre E13 Call 020 7511 4477

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Road, E6, unless specified
Fri 18 Jan, 8am Development Control Members' Forum
Mon 21 Jan, 7pm, Local Development Committee
Tues 22 Jan, 7pm Crime and Disorder Scrutiny Commission 7pm, Strategic Development Committee
Thurs 24 Jan, 5pm, Cabinet 5 15pm Mayoral Proceedings 7pm, Newham Community and Police Forum
Tues 29 Jan, 7pm, Overview and Scrutiny Committee
Wed 30 Jan, 7pm Audit Board
Fri 1 Feb, 8am Development Control Members' Forum
Visit **www.newham.gov.uk/committee** for updates

NEIGHBOURHOOD MEETINGS

Canning Town and Custom House neighbourhood meetings
If you live or working in the area come and speak to council officers and community police
Canning Town Centre, Wed 23 Jan, 6 30pm, The Hub Star Lane E16
Freemasons Road Thurs 31 Jan, 6 30pm,
Stanley Holloway Court, 2 Coolfin Road E16
Fife Road, Tues 5 Feb 6 30pm, Keir Hardie Church, Fife Road E16
To find out more call 020 3373 3538 or email sam clark@newham gov uk

CONTACT THE MAYOR

Saturday Surgery
The Gate is now closed for refurbishment and the Mayor will not be holding his surgery there until further notice
On Sat 26 Jan, the Mayor will hold his surgery at Newham Town Hall Barking Road, E6
Registration at 8 45am
Surgery starts at 9 15am.
Walk-in surgeries
1st Thurs of the month 12pm Stratford Local Service Centre 112 118 The Grove, E15
2nd Mon of the month, 9 30am, The Place, 2 Silvertown Wey E16
3rd Tues of the month, 5pm Newham Town Hall, Barking Road E6
Telephone surgeries
2nd and 4th Wed of each month, 9 30-10 30am
Residents can telephone 020 8430 2000 between 9 30am and 10 30am and register your details and query for the Mayor, who will return your call

LIBRARY CONTACTS

Beckton Globe
1 Kingsford Way, E6
Canning Town
Barking Road, E16
Custom House Prince Regent Lane, E16
East Ham
High Street South, E6
Green Street
337-341 Green Street
The Gate 4-20 Woodgrange Road Forest Gate E7
Manor Park
Romford Road, E12
North Woolwich
5 Pier Parade, E16
Plaistow North Street, E13
Stratford 3 The Grove E15
Archives and Local Studies (limited postal and email service only) call 020 3373 6881 email archivesIocalstudies@newham gov uk
Community Outreach Services To find out more call 020 3373 0813

Hundreds of services – just one number for all council enquiries
Call 020 8430 2000

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www.newham.gov.uk/youthzones

Newham London

11-19 years?

Interested in
- sports
- dance
- filming
- cookery
- gardening
- fitness gym
- homework support
- music technology
- drama
- someone to talk to
- ICT
- singing
- arts and crafts
- members committee
- making friends
- training and employment advice
- and much more

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For more information visit: www.newham.gov.uk/youthzones

THE LANGUAGE SHOP

Delivering high quality language services

Professional interpreters required

Are you a professional interpreter with experience working within the public sector?

Are you passionate about providing excellent customer care?

Yes to both questions? Then why not join our professional freelance pool and register with The Language Shop based at Newham Council. The Language Shop provides interpreting services to hospitals, local authorities and other public sector organisations across East London and Essex.

We are seeking applications in the following languages/dialects

Turkish	Romanian	Polish	Lithuanian	Portuguese
Cantonese	Mandarin	Thai	Yoruba	Bengali/Sylheti
Lingala	Punjabi	Urdu	Kurdish Sorani	Kurdish Kumanji
Dutch	French	Greek	Spanish	Danish
Tamil	Farsi	Twi	Hungarian	Bosnian
Serbian	Croatian	Russian	Burmese	Hebrew
Italian	Slovak	Czech	German	Tagalog
Hindi	Korean	Swahili	Dari	Vietnamese
Mauritian Creole	French Creole	Amharic	Tigrinya	Sinhalese

Applicants must have valid qualifications, a minimum three years' experience of providing interpreting services to the public sector and a valid Enhanced Criminal Record Bureau check

Please apply online at www.newham.gov.uk/interpreterapplications

bookingsnls@newham.gov.uk
www.languageshop.org

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